



Your Cambridgeshire

Issue 12 • Winter 2010

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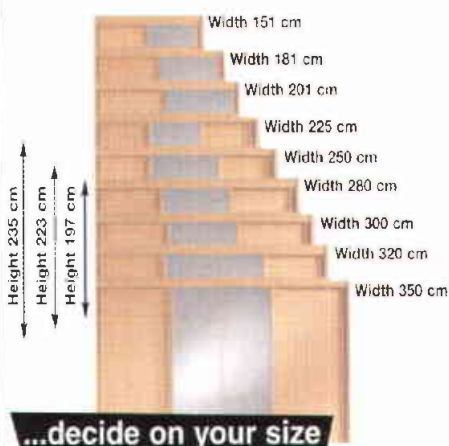


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Contents: Winter

News from where you live

- 07 **True grit** - find out how we keep Cambridgeshire moving in the winter
- 14 **Stand and deliver** - New bus stand helps children in Witchford
- 17 **Money matters** - How we are making savings
- 24 **Walk on the wild side** - shake off the winter blues with our walks on the web
- 28 **Pedal power** - Find out our latest cycling offer
- 30 **What's on** - Your guide to events in Cambridgeshire

Your Cambridgeshire

Last time we asked you what you thought of this magazine and how you wanted to get news about the Council.

Thank you to all who replied. It is clear that many people want to hear about our services and there are some who do but not through this magazine.

We are listening and reviewing how we make sure Cambridgeshire residents are kept informed while achieving best value for money.

Watch out for news next year of how we will be changing the magazine.



LEADER'S COLUMN



Welcome to the final edition of Your Cambridgeshire in 2010.

The year is ending on a difficult note for the County Council. As I write, we are involved in the most challenging budget setting process in the council's history.

Over the next few years we are going to have to make savings of around 40 per cent. Part of that is to meet the savings the Coalition Government requires us to make. The rest of these savings are needed to help pay for the rising costs and demands on our services as the county's population grows and people live longer.

It means some of our services may end or be delivered differently.

Thank you to everyone who responded to our survey on the Big Society. There were many excellent views and comments and these will certainly inform our decisions. Please keep your views coming, as they are valued - you can write or email at the addresses below.

Elsewhere in this edition, we report back on preparations if this winter brings another big freeze.

Jill Tuck

Councillor Jill Tuck,
Leader, Cambridgeshire
County Council

'On the fridge'

A quick guide to finding the County Council services you need

For all your County Council news, useful information and services go to www.cambridgeshire.gov.uk

Contacts

General Enquiries - 0345 045 5200

Libraries - 0345 045 5225

Highways - 0345 045 5212

Adult Social Care - 0345 045 5202

Children's Social Care - 0345 045 5203

Out of Hours Social Care (5.30pm to 8am and all weekends) - 01733 234724

Blue Badges - 0345 045 5204

Registrations (births, marriages, deaths, civil partnerships) - 0345 045 1363

Council Meetings

Most council meetings are open to the public - dates and details are available online under Council and Democracy, displayed at council offices or from local libraries.

Feedback

Customer feedback about our services is important to us - whether it's a compliment, a suggestion or a complaint. Here's how you can tell us what you think

Phone: 0345 045 5200

Complete: a Customer Service form at www.cambridgeshire.gov.uk

Email: feedback@cambridgeshire.gov.uk

Write to: Customer Feedback, Cambridgeshire County Council, RE51225, FREEPOST CB176

Follow us on Twitter: [cambssc](https://twitter.com/cambssc)

Follow us on Facebook: [cambridgeshirecc](https://www.facebook.com/cambridgeshirecc)



Please recycle this magazine when you have finished with it

Other formats

If you would like a copy of the magazine in large print, Braille, audio tape or another language, please call 01223 699287

Your Cambridgeshire

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Plenty of ways to apply for school

Did you know that there is no automatic admission to primary, junior or middle school, and that you need to apply for a place for your child?

You need to make your application by the closing date of 15 January 2011.

Applications can be made from 1 November 2010 online at: www.cambridgeshire.gov.uk/admissions

You can also apply by paper application form, which can be obtained from your child's local Cambridgeshire school or from the School Admissions Team, who can be contacted by email: admissions@cambridgeshire.gov.uk; or telephone: 01223 699200

Green Christmas

Why not have a merry Christmas that doesn't cost the earth this year? All that festive excess can be harmful to the environment and our pockets, with as much as 700 tonnes of additional waste going to landfill over the Christmas period, costing Cambridgeshire residents more than £33,000!

Don't despair - there are loads of simple things you can do to reduce waste without taking the fun out of Christmas.

Why not buy recycled products as Christmas presents? There is a huge range of great gifts from jewellery to gadgets made from recycled materials - enough to bring a smile to the face of the most discerning relative or friend.

Why not try reusing jars and boxes as gift wrapping? It will save you money as well as helping the environment.

You could consider buying your loved one an experience or book tokens and other vouchers, instead of gifts with lots of packaging.

But it is not just the presents you buy where you can make a difference. You can also avoid food waste and save up to £50 over the Christmas period by using the hints and tips at www.lovefoodhatewaste.com.

For more tips about Christmas waste go to www.recap.co.uk

Lorries steer clear of local villages

Hundreds of lorry journeys a week are being routed away from villages, thanks to new agreements designed to help rural communities and the environment



The Council has been working with local construction and waste companies to set up these new agreements.

Mick George Ltd, M.Dickerson Ltd and Donarbon Ltd, who between them have significant fleets of lorries, have all agreed to re-route a large proportion of their traffic to avoid local villages including Sutton, Haddenham and Wilburton, as well as benefits for Bluntisham and Earith.

The Council and these companies have listened and responded to local communities by reducing the impact of heavy lorries transporting construction materials and waste across the county.

Cambridgeshire County Councillor Philip Read, Chairman of the Development Control Committee, said: "In the past it has been hard to stop lorries from using particular routes. These new planning agreements we are introducing means we can take action if we need to. But what is very pleasing is that these local haulage companies have been eager to bring in their own routes or enter agreements."

Lorry Facts:

New routing means:

→ At least 200 fewer Mick George Ltd lorry movements a week for the communities of Bluntisham, Earith and Sutton

→ A reduction of 80 M Dickerson Ltd vehicles a week using the A1123/A1421 through Wilburton and Haddenham.

→ Around 220 fewer larger Donarbon Ltd waste transfer vehicles through Haddenham and Wilburton.



Menu Week 1

Weeks commencing: 1st November, 22nd November, 13th December, 17th January, 7th February, 7th March, 28th March

Monday:

Pork Sausage Hot Dog in a Bun,
Quorn Hot Dog in a Bun,
Oven Baked Potato Wedges, Creamy Mashed Potatoes,
Baked Beans, Sweetcorn Fritters
Oaty Flapjack and Fruit Juice,
Apricot Shortcake with Custard

Tuesday:

Roast Turkey with Gravy,
Herby Spaghetti
Crispy Roast Potatoes, French Bread, Cabbage,
Roasted Winter Vegetables
Macaroni Tart with Custard,
Raspberry Ripple Mousse

Wednesday:

Creamy Chicken Korma,
Filled Jacket Potato with Baked Beans
Fluffy Panna Rotta, Wholemeal Bread Roll, Broccoli,
Coriander, Tomato Salad / Carrot & Stilton Salad
Steamed Jam Sponge with Custard,
Fresh Fruit Salad

Thursday:

Golden Topped Shepherd's Pie and Gravy,
Creamy Macaroni Cheese
Oven Baked Potato Waffle, Tomato Bread,
Cauliflower, Green Beans
Fudge Tart with Chocolate Sauce,
Creamy Rice Pudding with Peaches

Friday:

Golden Fish Fingers and Tomato Sauce,
Vegetarian Moussaka
Oven Baked Cheesecake, Herby Diced Potatoes,
Garden Peas, Carrots
Jelly and Fruit, Lemon Drizzle Cake with Vanilla Sauce

Food for thought on school dinners

Here's a number to give you food for thought - more and more children are enjoying a healthy school dinner as meal numbers have risen by 20 per cent in the last two years.

School meals are an important part of the whole school day and eating a balanced nutritious lunch can give a child more energy and improve their ability to concentrate in class.

Cambridgeshire Catering Services (CCS), part of the County Council, has a huge commitment towards the use of fresh and local ingredients and to this end menus are planned around the seasonal availability of many fruit and vegetables.

CCS primary school meals not only taste great but offer great value for money at just £2 for a main course and dessert. The full winter menu is

available on line at www.myschoollunch.co.uk/cambridgeshire. Menus are fully compliant with the strict nutritional standards laid down by the Government.

CCS already provides meals to more than 200 schools across Cambridgeshire, Peterborough, Essex and Rutland. Schoolchildren in Northamptonshire now enjoy the same meals as their counterparts in Cambridgeshire - thanks to new business won by CCS.

Interested in a job in catering? If you would like to join CCS and help serve great food that children enjoy then please enquire about current vacancies on 01223 706300.



www.myschoollunch.co.uk

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01223 278002 or 247251 ext. 1480



Enrolment evening

Wednesday 5th January 2011 5.30-8.00pm



email: adulted@hillsroad.ac.uk

Modern Languages

New courses are shown in bold

Course	Day	Time pm (unless otherwise stated)	Start date	No. of weeks	Tuition fee (£)
Daytime					
Spanish absolute beginners level 1	Sat	10am-12 noon	22 Jan	10	90
Spanish beginners level 2	Sat	10am-12 noon	22 Jan	10	90
Italian absolute beginners level 1	Sat	10am-12 noon	22 Jan	10	90
Evening					
Arabic absolute beginners level 1	Thurs	7.00-9.00	20 Jan	10	95
Arabic beginners level 2	Mon	7.00-9.00	17 Jan	10	95
Arabic improvers	Wed	7.00-9.00	19 Jan	10	99
Chinese absolute beginners level 1	Wed	7.00-9.00	19 Jan	10	95
Chinese beginners level 2	Wed	7.00-9.00	19 Jan	10	95
Chinese improvers	Thurs	7.00-9.00	20 Jan	10	99
French absolute beginners level 1	Wed	7.00-9.00	19 Jan	10	90
French beginners level 2	Tues	7.00-9.00	18 Jan	10	90
French beginners level 3	Mon	7.00-9.00	17 Jan	10	90
French improvers	Wed	7.00-9.00	19 Jan	10	95
French advanced conversation	Mon	7.00-9.00	17 Jan	10	95
German absolute beginners level 1	Mon	7.00-9.00	19 Jan	10	90
German beginners level 2	Mon	7.00-9.00	17 Jan	10	90
German beginners level 3	Wed	7.00-9.00	19 Jan	10	90
German improvers	Mon	7.00-9.00	17 Jan	10	95
German intermediates	Thurs	7.00-9.00	20 Jan	10	95
Greek (modern) absolute beginners level 1	Mon	7.00-9.00	17 Jan	10	95
Greek (modern) beginners level 2	Wed	7.00-9.00	19 Jan	10	95
Greek (modern) improvers	Tues	7.00-9.00	18 Jan	10	105
Italian absolute beginners level 1	Thurs	7.00-9.00	20 Jan	10	90
Italian beginners level 2	Thurs	7.00-9.00	20 Jan	10	90
Italian beginners level 3	Tues	7.00-9.00	18 Jan	10	90
Italian improvers	Mon	7.00-9.00	17 Jan	10	95
Italian intermediates	Mon	7.00-9.00	17 Jan	10	95
Japanese absolute beginners level 1	Tues	7.00-9.00	18 Jan	10	95
Japanese beginners level 2	Mon	7.00-9.00	17 Jan	10	95
Japanese improvers	Tues	7.00-9.00	18 Jan	10	99
Polish absolute beginners level 1	Mon	7.00-9.00	17 Jan	10	99
Polish beginners level 2	Mon	7.00-9.00	17 Jan	10	99
Portuguese absolute beginners level 1	Mon	7.00-9.00	17 Jan	10	95
Russian absolute beginners level 1	Tues	7.00-9.00	18 Jan	10	95
Russian beginners level 2	Thurs	7.00-9.00	20 Jan	10	95
Spanish absolute beginners level 1	Tues	7.00-9.00	18 Jan	10	90
Spanish beginners level 2	Mon	7.00-9.00	17 Jan	10	90
Spanish beginners level 3	Wed	7.00-9.00	19 Jan	10	90
Spanish improvers	Mon	7.00-9.00	17 Jan	10	95
Spanish intermediates	Mon	7.00-9.00	17 Jan	10	95
Spanish advanced conversation	Tues	7.00-9.00	18 Jan	10	95
Turkish beginners level 2	Tues	7.00-9.00	18 Jan	10	99

English as a Foreign Language (EFL)

Business & Professional English	Thurs	7.00-9.00	20 Jan	10	95
EFL - pre-intermediate*	Tues	7.00-9.00	18 Jan	10	95
EFL - intermediate*	Tues	7.00-9.00	18 Jan	10	95
EFL - upper intermediate*	Tues	7.00-9.00	18 Jan	10	95
EFL - advanced*	Tues	7.00-9.00	18 Jan	10	95
Report writing & presentation skills	Thurs	7.00-9.00	20 Jan	10	95
IELTS Preparation Course	Thurs	7.00-9.00	20 Jan	10	95

*Assessment & guidance takes place during the first session. Please arrive at 5.50pm for this session.

Professional Training

Basic book-keeping	Tues	7.00-9.00	18 Jan	8	79
Book-keeping SAGE accounts	Mon	7.00-9.00	17 Jan	10	99
Design & build your own website	Wed	7.00-9.00	19 Jan	10	150
Use of Excel spreadsheets & file management - beginners	Wed	7.00-9.00	19 Jan	5	49
Use of Excel spreadsheets & file management - improvers	Wed	7.00-9.00	28 Feb	5	49

Counselling

Daytime					
Advanced Certificate in Counselling	Tues	9.30am-12.45	18 Jan	10+1.5 Sat. workshops	377*
Psychodynamic unit 4 VQ09 (new AQA spec)	Tues	9.30am-12.45	26 Apr	9+2 Sat schools	377*
Cognitive Behavioural Theory unit 5 VQ10					
Evening					
Counselling skills - taster workshop for begs	Wed	6.15-7.45	5 Jan	1 session	15
Introduction to Counselling skills	Tues	6.30-8.30	18 Jan	10	99
Certificate in Counselling skills level 2 (New AQA specification)	Thurs	6.15-9.00	20 Jan	21+3.5 Sat. schools + 2.5 workshops	599*

* Excluding the cost of examination fees (based on 2008-09 figures: Intermediate course, £100.25. Advanced course psychodynamic unit £74.55)

Saturday Schools

New courses are shown in bold

Course	Day	Time pm (unless otherwise stated)	Start date	No. of weeks	Tuition fee (£)
Spanish absolute beginners level 1	Sat	10am-12noon	22 Jan	10	90
Italian absolute beginners level 1	Sat	10am-12noon	22 Jan	10	90
Italian beginners level 2	Sat	10am-12noon	22 Jan	10	90
Photography on location workshop	Sat	10am-4.30	12 Feb	1	45
	Sat	10am-4.30	5 Mar	1	45
Bee-keeping	Sat	10am-12.00	22 Jan	10	or £85 for both 5+1 practical session in April
Body conditioning	Sat	10am-11am	22 Jan	10	45
Stretch & relaxation	Sat	11am-12noon	22 Jan	10	45
Bicycle maintenance - spring into action	Sat	10am-2.00	12 Feb	1	25
Colour, style & make-up workshop	Sat	10am-3.30	12 Feb	1	35**
Flower arranging-bridal flowers	Sat	10am-3.30	12 Feb	1	35**
Recycled jewellery workshop	Sat	10am-2.00	12 Mar	1	25*
Easter card-making workshop (3D decoupage & iris folding)	Sat	10am-1.00	12 Mar	1	20*
Bicycle maintenance - spring into action	Sat	10am-3.00	12 Mar	1	25
Clothes, accessories & image impact	Sat	10am-3.30	12 Mar	1	20*
Cookery - kitchen confidence *	Sat	10am-1.00	12 Mar	1	80
Fascinator workshop	Sat	10am-3.00	12 Mar	1	30***
Flower arranging - mothers day gifts	Sat	10am-3.30	12 Mar	1	35**

* An additional £5 material fee applies to this workshop

† An additional £10 material fee applies to this workshop

‡ This workshop is provided at the Cambridge Cockery School, Purbeck Road, off Hills Road

** An additional £8 material fee applies to this workshop

Recreational

Dance					
Ballroom dancing absolute beginners	Mon	6.00-7.30	17 Jan	10	69
Ballroom dancing - the next step	Mon	7.30-9.00	17 Jan	10	69
Egyptian belly dancing	Thurs	6.00-7.30	20 Jan	10	69
Salsa dancing - the next step	Wed	7.30-9.00	19 Jan	10	69
Health & Well-being					
Aerobics	Wed	6.00-7.00	19 Jan	10	45
Belly-fit	Tues	6.00-7.00	18 Jan	10	45
Chi gung/Tai chi - beginners	Tues	7.15-8.45	18 Jan	10	69
Indian head, neck & shoulder massage - beginners	Thurs	7.00-9.00	20 Jan	8	75
Life coaching & self-development	Tues	7.00-9.00	18 Jan	8	75
Pilates - absolute beginners	Fri	5.00-6.00	21 Jan	10	55
Pilates - improvers (lower)	Wed	6.45-7.45	19 Jan	10	55
Pilates - improvers (higher)	Wed	5.30-6.30	19 Jan	10	55
Pilates - intermediates	Fri	6.00-7.00	21 Jan	10	55
Yoga Hatha-mixed ability	Mon	7.00-9.00	17 Jan	10	90
Writing & Media					
Creative writing - introduction	Tues	7.00-9.00	18 Jan	10	95
Continuing creative writing	Tues	7.00-9.00	18 Jan	10	95
Introduction to proof-reading	Thurs	7.30-9.00	20 Jan	8	69
Other					
Acting for fun	Thurs	7.45-9.15	20 Jan	10	69
Cookery - easy entertaining*	Wed	7.00-10.00	30 Mar	1	80
Latin for beginners	Tues	7.00-9.00	18 Jan	10	99
Maths 4 fun	Tues	7.00-9.00	18 Jan	10	99
Music technology	Thurs	6.00-8.00	20 Jan	10	129
Singing for fun	Tues	7.00-9.00	18 Jan	10	89†
Wine appreciation	Tues	7.00-9.00	18 Jan	10	89††

† An additional fee applies to this course for the purchase of sheet music (no more than £15)

†† Additional costs apply to this course according to the wines tasted

‡ This workshop is provided at the Cambridge Cockery School, Purbeck Road, off Hills Road

Art and Design

Art History	Mon	7.00-9.00	17 Jan	10	95
Ceramics	Mon	7.00-9.00	17 Jan	10	95*
Ceramics	Wed	7.00-9.00	19 Jan	10	95*
Ceramics	Thurs	7.00-9.00	20 Jan	10	95*
Drawing, the basics	Wed	7.00-9.00	19 Jan	10	95
Drawing, the next step	Mon	7.00-9.00	17 Jan	10	95
Illustration for picture books	Thurs	7.00-9.00	20 Jan	10	95
Interior design	Tues	7.00-9.00	18 Jan	10	95*
Life drawing	Thurs	7.00-9.00	20 Jan	10	95**
Painting for beginners	Wed	7.00-9.00	19 Jan	10	95
Painting exploring mixed media	Fri	6.30-9.00	21 Jan	8	95†
Painting oils & acrylics	Tues	7.00-9.00	18 Jan	10	95
Painting oils & acrylics	Fri	6.30-8.30	21 Jan	10	95
Photography digital-beginners	Tues	7.00-9.00	18 Jan	10	95
Photography digital-beginners	Thurs	7.00-9.00	20 Jan	10	95
Photography digital-the next step	Wed	7.00-9.00	19 Jan	10	95
Photography digital-the next step	Thurs	7.00-9.00	20 Jan	10	95
Photography on location workshops	Sat	10am-4.30	12 Feb	1	45
	Sat	10am-4.30	5 Mar	1	45
					or £85 for both
Photography traditional-beginners	Mon	7.00-9.00	17 Jan	10	95*
Photography traditional & digital-improvers	Tues	7.00-9.00	18 Jan	10	95*
Photoshop (Adobe)-beginners	Tues	7.00-9.00	18 Jan	10	99
Portraiture	Tues	7.00-9.00	18 Jan	10	95**
Watercolour painting	Mon	7.00-9.00	17 Jan	10	95
Recycled jewellery workshop	Sat	10am-2.00	12 Mar	1	25*
Easter card-making workshop (3D decoupage & iris folding)	Sat	10am-1.00	12 Mar	1	20*

† Fees exclude examination registration costs. *An additional £10 material fee applies to this course

An additional £15 material fee applies to this course. *An additional £20 material fee applies to this course.

True grit over Christmas

A new quad bike and brine spraying knapsacks are the latest weapons in Cambridgeshire Highways' drive to keep the county on the move this winter.

Following last year's record freezing weather and the national rationing of grit the County Council reviewed with Parish and District councils how it can treat roads, paths and cycleways.

This has led to new gritting arrangements this winter, including for the first time measures to treat some cycle and footpaths.

Residents will see the quad bike and brine sprayer being used to treat the primary on and off-road network of cycle routes within the Cambridge ring road, with the knapsack sprayers used for selected footways across the county.

Our fleet of 38 gritters is ready to treat Cambridgeshire's roads at all times of the day or night after starting

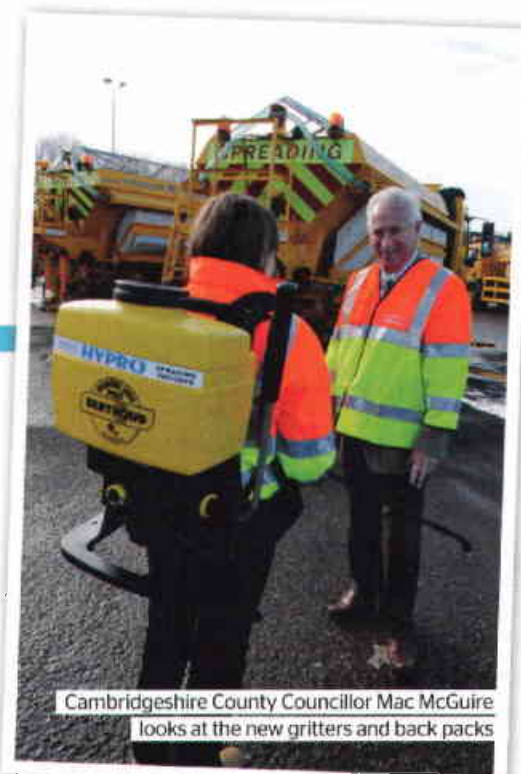
the winter with fully stocked salt domes, with more grit ready to be delivered in the new year.

The network of roads, which are gritted when below freezing temperatures are predicted, has developed over many years with various roads being added or removed as their importance changed.

Now, following the review, a revised network has been agreed and the maps are available online at www.cambridgeshire.gov.uk

The new network consists of all A and B roads; links to A & E hospitals and other emergency services; strategic locations defined by central Government; roads next to major Fen drains; bus routes used more than five times a week, and rural bus routes which link isolated hamlets and distributor roads to industrial estates.

Cabinet Member for Highways, Councillor Mac McGuire, who ordered the review of winter gritting, said: "I am very pleased at the way Cambridgeshire's councils have taken part in this review and their offers of mutual help during extreme weather conditions. Keeping Cambridgeshire on the move and safe is a main priority for me and the County Council. I would ask everyone to take care on roads in the winter, even if they have been gritted and spare a thought for



Cambridgeshire County Councillor Mac McGuire looks at the new gritters and back packs

the drivers out in the gritters at this time of year and at all hours."

Facts about gritting

→ Over 40% of Cambridgeshire's roads and most bus routes are salted, which is equivalent to the distance by road from Cambridge to Rome.

→ The County Council has a stockpile of around 13,000 tonnes of salt and significant additional supplies on order for early in the New Year.

→ The gritting fleet uses around 250 tonnes on each run, which takes around two and a half hours to complete.

→ Within 90 minutes of issuing instructions to salt the roads, the gritters are loaded and up to 38 winter maintenance vehicles and crews are on the move.

Bad weather? How do you find out which schools are closed?

1. Check the school's website: They may have put a note up on there (but check the information is up-to-date).

2. Check the Council's website: <http://www.cambridgeshire.gov.uk/education/schools/schoolclosure/> Locate your school using the A-Z finder and then refer to its current status, as indicated in the table. (If the status is blank the Local Authority has not received any information.)

3. Listen to the local radio: BBC Radio Cambridgeshire, Heart, Star, Connect, KL.FM.

4. Ring other parents, it's worth checking if any of your friends know!

An ice way to stay in touch

As well as our normal methods of keeping people in touch about gritting the roads or possible school closures you can also get updates on Twitter and Facebook.

We always do our best to work with the local media and radio as well as using our own web site to tell people whether roads are being

gritted or schools are closed in icy conditions.

But on top of that we also use Facebook and Twitter to keep people up to date with what the County Council is doing.

Follow us on Facebook www.facebook.com/CambridgeshireCC or Twitter www.twitter.com/CambsCC

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New Chief Constable vows to relentlessly target criminals

■ **We will carry on locking up criminals - that is the clear message from new Chief Constable Simon Parr.**

While the tough challenge of budget cuts must be faced, Mr Parr has pledged to stay focused on the work of policing local communities and keeping them safe.

Mr Parr said: "We do not yet know exactly what the future will look like but it will not stop us from continuing to relentlessly target those who commit crime and anti-social behaviour (ASB) using all the tools available to us to bring offenders to justice and keep people safe. We aim to transfer the fear of crime and ASB away from law-abiding citizens to offenders. It is those who break the law and behave anti-socially who should be worried. Our message is clear. We will find you."

Mr Parr also believes the prospect of long term change offers some exciting new opportunities.

"The future of policing cannot be a pared down version of the past. We will be looking at how we would build and run a police force if we were starting from scratch, whether the way we do things now continues to make sense or could be accomplished more effectively another way.

"We will work to find the cheapest way to manage our organisation and ensure the maximum amount of time and resources are available to provide the best possible front line service to people."



Challenges ahead for police

The Government has asked all public sector organisations, including police forces, to work out how they can make cuts of between 25 and 40 per cent to their budgets.

The current planning assumption of a 25 per cent cut in grant means we must spend £33 million less over the next four years. If, for example, half this saving came from police officers and half from police staff, the reductions in posts would be 470 (out of 1,395 officers) and 550 (out of 1,022 police staff). Currently, however, by law police officers cannot be made redundant.

Ruth Rogers, Chair of Cambridgeshire Police Authority said: "There is no doubt that a reduction of this magnitude

would pose significant challenges to service delivery. We are clear, however, that it is essential for the force to remain citizen focused and not lose sight of its commitment to delivering the best service possible."

The Government's spending review has been announced but the Police Authority will have to wait until early December for detailed information about funding for 2011/12 and beyond.

In order to deliver a service to our communities that is based on your priorities, but within the reduced financial constraints we have described, we are asking for your views on what the force should focus its efforts on. Please take the time to fill in and return the survey below.

Your views count...

Please return this coupon to Cambridgeshire Police Authority, Cambridgeshire Police Headquarters, Hinchbrook Park, Huntingdon, PE29 6NP by 31st December 2010. Alternatively, fill in the survey online at www.cambs.police.uk/survey/police_priorities

Age:

Gender:

Postcode:

Tell us what you consider to be the three most important services provided by the police:

1

2

3

Tell us what you consider to be the three least important services provided by the police:

1

2

3

Have you any other comments you'd like to make about policing in Peterborough?



Neighbourhood news:



Chief Superintendent Rob Needle - covering East Cambs, South Cambs and Cambridge City

Many of you will have seen the reports in the local media about our targeted police operation, Operation

Northwood, to tackle burglary and theft.

As a result of 60 officers carrying out raids at several addresses across Cambridge, more than 50 people have been charged and we have recovered more than 200 items that we are looking to return to the rightful owners. The property includes mobile phones, computers, digital cameras and more than 150 bicycles.

If you've had property stolen or would like more information about Operation Northwood, please visit our website <http://www.cambs.police.uk/justice/northwoodhome.asp>

Operation Northwood was the result of a year-long investigation into burglary, car and cycle crime as well as the selling of stolen goods.

The number of burglaries in Cambridgeshire is low. Fewer than two per cent of homes in the county were

burgled last year. Here are a few simple steps that you can take to further reduce your chances of becoming a victim of burglary.

- Remove keys from window and door locks
- Use timer switches to turn on lights and radios when you are going to be away from your house at dusk
- Consider property marking your valuable and sentimental personal possessions with liquid DNA kits such as SmartWater, SelectaDNA or with an engraving kit for items such as tools and bicycles
- To protect your property register it at www.immobilise.com This only takes a couple of minutes and it's free. You will have a better chance of being reunited with your property and it helps us to locate and identify stolen property.

For more information on how to secure your home and property please visit our website - www.cambs.police.uk

We have also continued our

crackdown on cycle crime in Cambridge. Officers have carried out stop checks, issuing fines for various cycling offences, including riding on the pavement and through red traffic lights. A man was arrested for theft of a bicycle and another man for possession of drugs.

Finally, we'd like to warn residents of Cambridge city, South Cambridgeshire and East Cambridgeshire, along with one of our partners, Trading Standards, following a number of reports of cold calling by a security company.

The company offer an alarm system for the home, but employ high pressure sales techniques. Initial costs outlined are misleading and it is always advisable to get at least three quotes and look for companies that are accredited by NSI (National Security Inspectorate). If, during a visit to your property, a trader refuses to leave, contact us immediately.

Cambridgeshire Constabulary is committed to tackling crime and bringing criminals to justice and you should be assured we will continue to pursue and catch these criminals.

How Cambridgeshire Constabulary is performing

Fewer victims, more crimes solved

- Since 2002/03 overall crime has dropped from 85,000 a year to 60,000 reported offences - 25,000 fewer victims of crime in Cambridgeshire
- Burglary, robbery and vehicle crime fell by more than 20 per cent from 13,025 in 2008/09 to 10,388 in 2009/10
- Overall victim satisfaction has increased from 81.2 per cent in 2008/09 to 83.9 per cent in 2009/10
- Our detection rate has increased from a low of 13 per cent in 2002/03 to almost 27 per cent in 2009/10, meaning that 16,000 more crimes were solved
- Public confidence in the force has increased from 50.2 per cent in March 2009 to 52 per cent in December 2009 (source British Crime Survey)





Chief Superintendent Karen Daber - covering Fenland and Huntingdonshire

In September I returned to my home ground to take on responsibility as commander for the area covering Fenland and Huntingdonshire.

I grew up in the area and attended St Ivo School in St Ives. I previously had overall responsibility for community safety, anti-social behaviour (ASB) and crime reduction. You can find out more about me online by reading my biography - <http://www.cambs.police.uk/about/foi/profiles.asp>

In the past few weeks I have been able to get out and about and meet members of the public and individuals from our partner organisations, which has been a privilege.

I have been able to listen to their concerns and a key issue that keeps coming up and is clearly causing the public concern is anti-social behaviour, in particular speeding vehicles in our towns and villages and inconsiderate and

dangerous parking.

We will continue to support the Speedwatch programme and work with individuals who are taking time to work with us to ensure our roads are safe.

Through Speedwatch residents can help police crack down on speeding drivers. We provide all the equipment including high-visibility tabards and a speed monitoring device. Any motorist found to be exceeding the speed limit receives a letter advising them they were speeding and giving relevant guidance and advice.

Speedwatch puts the public at the centre of enforcement. It allows residents to see the problems as they exist and the methods police can use to combat them.

I would like to reassure members of our communities that we will continue with enforcement when drivers park inconsiderately or dangerously.

We have just launched an operation to stamp out burglaries across Central

division. We have increased stop and searches and targeted key routes thought to be used by burglars to get to towns and villages in the area.

So far, officers have arrested six people in connection with this operation. Three have been charged with burglary or theft, two were recalled to prison and a 23-year-old man was jailed for 30 weeks after admitting a number of thefts in Huntingdon.

We need your help. I would urge residents to report any suspicious activity around houses or vehicles. If you see people trying several door handles along a street or knocking on doors, call the police. Remain vigilant and ensure your home is secured at all times and make it look lived in while you're away.

My team and I are committed to reducing crime and all types of anti-social behaviour across the division and provide the quality service that people living in Huntingdonshire and Fenland deserve.

For more information on policing in your area visit our website www.cambs.police.uk and click on my neighbourhood. Within this section you can search for your local team using our interactive map or by entering your postcode. You will see what priorities your team are working on where you live and dates when you can meet your team to discuss any concerns or issues. You can also contact your team online.



Police Authority lobbies MPs for fair deal

Cambridgeshire Police Authority met MPs in Westminster in September to discuss a fair deal for Cambridgeshire Constabulary in the light of the planned spending cuts (see page 9).

The aim of the meeting was to aid open discussion on the cuts the Constabulary is facing and how they will impact on local communities.

The Police Authority understands the necessity of the cuts, but is concerned to ensure that they are proportionate. The authority believes that over the past decade Cambridgeshire Police have not been properly

funded, despite the growth in population. To take 25 per cent of general grant away would be unfair in comparison with others whose funding has been more generous. Cambridgeshire has already lost grant totalling £16.5m over the past seven years.

Ruth Rogers, Chair of the Police Authority said: "The briefings were lively and engaging. All MPs were interested in what we had to say and I am optimistic we have garnered some support for our case. We now wait to see if our case is taken up by them in Parliamentary discussions."

More detail on how we spend our budget is available by visiting www.cambs-pa.gov.uk/policies.cfm and clicking on 'Cambridgeshire Police funding 2010-11'.

People's Priority – you told us, we acted

We took the bold step this year of letting the public of Cambridgeshire and Peterborough decide on a new policing priority around issues that matter most to them.

The People's Priority is a first for Cambridgeshire and is a key priority for the current year included in Cambridgeshire Police Authority's 'blueprint' for delivering policing services, the Policing Plan.

Of more than 2,700 people surveyed the resounding response was anti-social behaviour, with a particular focus on speeding in rural areas and parking outside schools in urban areas.

We would encourage the public to attend their local neighbourhood meetings to make sure the People's Priority is addressed and dealt with by the neighbourhood teams.

Read the Policing Plan by visiting www.cambs-pa.gov.uk/policies/cfm



Tackling, not tolerating, anti-social behaviour

You've told us that anti-social behaviour (ASB) is your priority for policing in Cambridgeshire, so we've made it ours too.

All neighbourhood teams are working closely with local communities and partners from other local agencies to identify the causes of ASB to try and prevent it happening in future.

Insp Richard Lowings said: "Everyone

who lives in and works or visits Cambridgeshire has the right to do so without feeling harassed or intimidated by the behaviour of others.

"ASB can be extremely distressing and disruptive for the community and we will continue to target those responsible, using all the tools at our disposal. However, to be truly effective in tackling ASB we cannot target the

issue in isolation; we will continue to work with partner organisations to protect vulnerable people."

Cambridgeshire Constabulary was recently praised for its work to tackle anti-social behaviour (ASB). The force is achieving 'good results' in tackling ASB, a report issued by Her Majesty's Inspectorate of Constabulary (HMIC) in September shows.

It found that Cambridgeshire has low levels of ASB and moderate levels of crime per head of population. The force was praised for ensuring all relevant staff were briefed on ASB matters, regularly monitoring ASB and for its use of tactics such as anti-social behaviour orders (ASBOs) and dispersal orders.

Read more about our "tackling not tolerating" ASB campaign on the force website www.cambs.police.uk/victims/asb



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Community works together to improve safety

A new bus stop is making life safer for local children going to a Witchford school.

Cambridgeshire County Councillor Bill Hunt has brought together the school, Parish Council and Highway and Road Safety services to build a new bus stand outside Rackham Church of England Primary School.

Previously the bus found it hard to stop outside the school because of parked cars. But the new initiative by the Council, which allows third party funding to be spent on community backed schemes, has meant the bus stand could be created outside the school and parking restrictions put in place to prevent other vehicles parking during peak times.

County Councillor Bill Hunt, who represents Witchford, said: "This is a real example of organisations and the community using common sense and working together to solve a problem. Creating a lay-by would have cost thousands of pounds and in this time



of financial problems would have been hard to fund. However, I am pleased that we could find a way to create this new bus stand at minimal cost using

big society ideas. It is already making it easier for the school crossing patrol to see traffic and get children safely across the road."

Archives extend their opening hours

Millions of historical documents are now easier to access after Cambridgeshire Archives, based in Shire Hall, Cambridge, has extended its opening hours.

Archives and Local Studies Manager Alan Akeroyd said: "The Council is committed to making our unique historical resources available to the public for as much as we can. Longer opening hours mean that the public can now really sink their teeth into their research. We have literally millions of documents, which are used by more than three thousand visitors every year for research into family trees, archaeological digs, and the history of local towns and communities."

Cambridgeshire Archives is now open to the public from Tuesday to Friday, 9am to 5pm, and on the third Saturday in each month from 9am to 4pm. Anyone planning to look at original documents on Saturday



needs to make an appointment and order them in advance.

Energy meter scheme

A Cambridgeshire County Council scheme to help residents cut their household electricity bills has been launched at libraries across the county.

Library users are now able to borrow energy consumption meters, which provide real-time information on household electricity use and costs, to help encourage energy efficient behaviour in the home.

The meters are able to highlight which appliances are most energy intensive, and will encourage residents to turn off lights and appliances when not in use, by showing how much money they are wasting.

The meters are available on a two week loan from libraries across the county. For further details, please see: www.cambridgeshire.gov.uk/leisure/libraries/



Enjoy a warmer winter this year with the help of a home insulation grant.

If you are a homeowner or renting privately, you can now benefit from a Government initiative to improve the insulation in your home

Grants are available for cavity wall insulation and loft insulation. Cavity wall insulation most property types pay only £149

Cavity Wall Insulation
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- Income Based Job Seekers Allowance

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Whether it's paying for food, university, car repairs, or the latest phone bill, it's a fact that the majority of us have concerns about money. But what if there was a way to substantially reduce one of your major household bills and actually earn money at the same time? Sounds too good to be true perhaps, just another of those recorded message phone calls that end up in some sort of scam? I would have said the same until I went along to get the truth out of local business man Paul Shiels who is co-founder of a Biggleswade based company known as G.R.E.E.N Ltd

'The Government is very worried about carbon emissions and has stated it will attempt to reduce the country's output by 80% over the next forty years,' explains Paul 'One way of doing this is by providing energy from alternative sources - wind, hydro and solar power.'

'G.R.E.E.N Ltd, via the MCS (Micro-generation scheme), are Government approved designers and installers for PV solar energy panels - simple, roof fitted, sets of photovoltaic cells that harness the power of the sun and put that renewable energy to work in your home

'The sun is an amazing source of energy. Enough sunlight falls on the earth every minute to meet the world's energy demands for an entire year. At the moment every individual has the right to collect and use that energy for our homes and as of April 2010, thanks to a new Government scheme from the DECC called the Feed-in tariff, everybody who invests in the environment and the future in this way can make a healthy profit from it too.

'It's still a little known fact, but the FIT is a twenty-five year, index linked, tax free scheme which pays 41.3p per unit as well as offering free electricity for the household each year. This equates to earnings of more than £1,400 per year (for a 4KW system) or £52,000 for the full 25 years, as well as significant savings on your personal electricity bill - a massive 12% annual return on investment - truly enormous compared with the average interest rates on savings or investments.'

G.R.E.E.N Ltd is a small, local, friendly company who really know what they are talking about. 'The average system that we install saves up to 40 tons of CO2 emissions over

the 25 years - that's the same weight as 25 Ford Mondeo cars. Choosing this sort of renewable energy really makes a difference' enthuses Paul. The company have invested heavily in this sector and will within the next month be opening the first Solar PV specific showroom in Biggleswade. Customers can view panels, inverters, get a greater understanding of how the systems work and view a small roof display highlighting how the panels are fitted to the roof. Additionally, experienced sales people will be on hand offering advice on a whole range of issues relating to Solar PV. Without professional advice choosing the right system for your home and lifestyle can be complicated and in



order to benefit from the FIT scheme the installers must be Government approved. Anyone interested in making money and lessening their carbon footprint can come along and view the systems for themselves and receive all the specialist advice and support that they need.'

So for down-to-earth, helpful advice as well as the all-round benefits of a lower cost of living, earning more through your home and a clear conscience that comes from taking substantial steps towards a healthier environment,

contact G.R.E.E.N Ltd.

Paul ended by adding, 'The Government's recent cost cutting exercises had originally identified the FIT as a possible source of budget reduction. It's a huge bonus to all involved in the solar industry and ultimately all future potential customers that, upon review, the consensus was to leave the FIT alone and free from reduction. The Government's support of this 25 year scheme is paramount and once again by leaving it alone they have reaffirmed their support of it.'

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Big Society – Big questions

"A sensible idea in tough economic times when there is a need to work together."

That was one response from the County Council's recent survey on the issue in the Autumn edition of Your Cambridgeshire on the Big Society.

At the time of going to press, around 100 responses had been received and continue to come in.

The snapshot survey revealed that overall:

- 24 respondents were positive about the idea
 - 52 of respondents were negative about the idea in some way
 - 19 of respondents were undecided
- On the specific issue of volunteering:
- 36 were negative
 - 14 were positive
 - 14 were undecided

Themes raised by respondents included potential difficulties in recruiting volunteers, the replacement of paid staff by volunteers, and the potential risks to services if volunteers are unable to step in and take over the running of services.

Other comments included: those already volunteering welcoming the



opportunity to bring in more support; the beneficial effect on local communities through bringing the local community closer together; a willingness to volunteer providing support and incentives such as childcare; training and general recognition were in place; and that it was a sensible concept given the current tough economic climate.

Councillor Steve Criswell, Cabinet Member for Customer Service at Cambridgeshire County Council, said: "The survey is a fascinating snapshot and makes a useful contribution to our thinking on local services meeting local needs."

"A big thank you to all readers who responded."

Spending squeeze continues

The Coalition Government's spending review, announced in October, contained little cheer for councils and public services.

The scale of the challenge for the County Council is clear.

The Council has to cut £165 million from its budget over the next five years, which is about 40% of our current budget.

According to Councillor John Reynolds, Cabinet Member for Resources, this means the Council will have to find significantly more savings than it had originally budgeted for.

He said: "Like every other authority we will need to find more savings by transforming how we deliver services."

"The national deficit has left public services across the country facing their toughest challenge in generations. The way we deliver services will change and some services will stop all together. We will be talking to communities about how they can help us and what services they want to see being delivered."

The Council will be consulting on options within its budget for 2011/12.

A series of detailed face-to-face interviews will be carried out across the County.

Watch out for more details and the chance to have your say at www.cambridgeshire.gov.uk

Building schools for the future

Building work has begun on the first two schools as part of the Council's Building Schools for the Future project. Once completed, Neale-Wade Community College in March and Thomas Clarkson Community College in Wisbech will offer state-of-the-art facilities - including leisure and learning, sports and ICT provision - for young

people in Fenland.

Design work on the other schools that form part of the Fenland BSF Project - Cromwell Community College in Chatteris; Sir Harry Smith Community College in Whittlesey; Meadowgate School in Wisbech and the Fenland Junction Pupil Referral Unit in March will begin in the near future.

Young people take first steps into employment

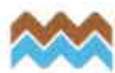
More than 200 jobs have been created for young people by the Council, thanks to the Future Jobs Fund.

The innovative programme, which is funded by the Government, seeks to create new community focused jobs, mainly aimed at 18-24 year olds who have been out of work for six months

and claiming Jobseeker's Allowance.

Since March 2010, the Council has created 227 jobs for young people from across the county. It was carried out in two phases and the first of which saw 145 people enter in to placements. Phase two of the scheme started in August and has created a further 82 new jobs.

Ross Spalthoff, at Cambridgeshire Together, said: "The programme here at the council has been a great success. Of the first phase, 68 young people have completed their placements, 25 of which have gone onto other employment and seven back into education."



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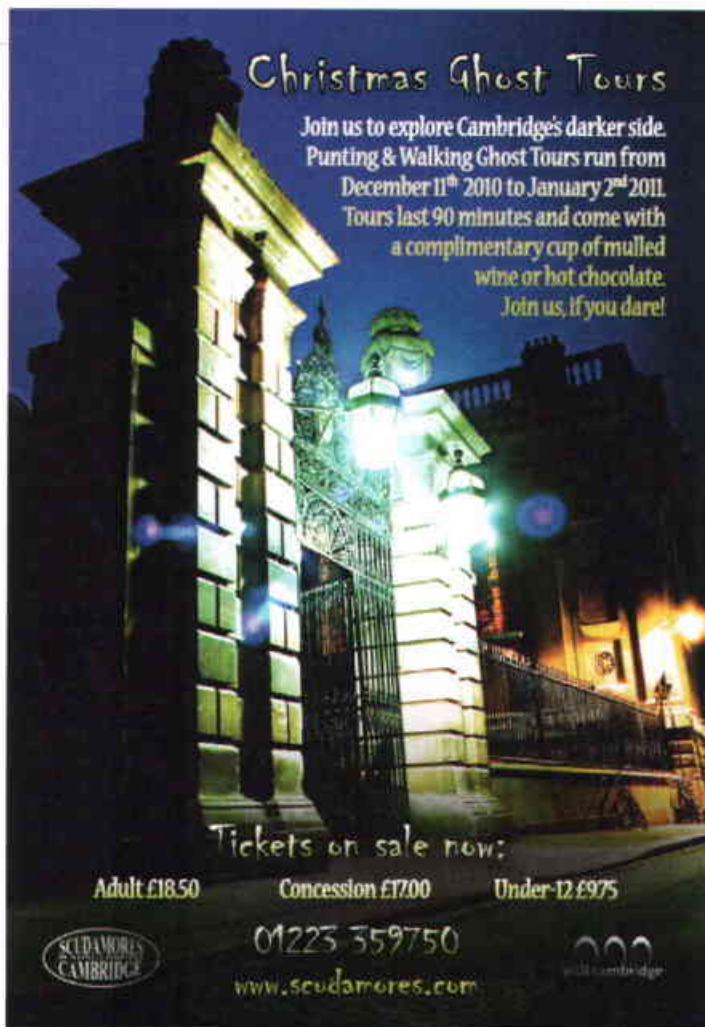


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Welcome to NHS Cambridgeshire's pages on health related topics

NEWS FROM **YOUR LOCAL NHS**

Cambridgeshire leads the way on GP Commissioning Consortia

NHS Cambridgeshire has launched the country's first two pilot GP Commissioning Consortia – Hunts Health and Borderline Commissioning Consortia.

In 2009/2010 we reviewed our five year plan and developed a number of priority areas on which to focus. One priority we identified was to work in partnership with GPs to develop a much more devolved system of commissioning (buying) health services, in order to take greater account of the local knowledge and expertise of GPs.

The Government White Paper: Equity & Excellence: Liberating the NHS was introduced in July 2010 and reinforces this view meaning that, in time, much of the responsibility for buying health services will be given over to GPs.

The two Commissioning Consortia will be responsible for buying health care services for people living in the Huntingdonshire area and Yaxley and Whittlesey, Doddington and parts of South Peterborough.

What are GP Commissioning Consortia?

GP Commissioning Consortia are groups of GP practices which have come together and agreed to take on responsibility for commissioning (buying) an agreed range of health related services for their patients.

Although they are accountable to the primary care trust, the consortia have the ability to change the way services are organised locally to ensure that they reflect the needs of their patients, and that best use is made of public funds.



ABOVE Dr Simon Brown, Chair of Hunts Health, Andy Vowles, Director of Strategy & Delivery of NHS Cambridgeshire, Dr Richard Withers, Chair of Borderline Commissioning Consortia

What will GP Commissioning Consortia do?

Initially, GP Commissioning Consortia will make changes to an agreed range of services for their patients. Over time, they will assume responsibility for a wider range of services.

In this way, GPs will be in the driving seat in designing local services for local people.

What does this mean for patients visiting their local GP?

In the short term, patients should not notice any major differences when they visit their local GP if they are in one of the pilot commissioning consortia.

However, over time patients will notice that more services are available closer to home, as GPs design alternatives to more traditional methods of care.

Patients will also notice that they are being asked by their GP for their views about the full range of services which are offered, to help consortia decide on

priorities for change.

In the longer term, patients should experience a number of benefits:

- Services more responsive to local needs
- Commissioning (buying) closer to the patient
- Greater patient involvement in the planning and provision of services
- Services will be provided more locally, where appropriate
- More responsive management of services by GPs
- As a result of all the above – there should be better patient experience.

For further information:

If you want to become more involved in your local GP Commissioning Consortia in Cambridgeshire please contact:
Sue Last
Assistant Director of Patient Experience and Public Engagement
tel 01223 725323
or email info@cambridgeshire.nhs.uk



LEFT Artists impression of what the extra care facility will look like when completed

Celebrations mark start of works at Doddington Community Hospital

A turf cutting ceremony has marked the start of building works at Doddington Community Hospital.

In a joint partnership arrangement, NHS Cambridgeshire together with Sanctuary Group, Fenland District Council and Cambridgeshire County Council are building a 50 bed apartment scheme for older people which will also include 10 care beds for patients who require additional support when leaving hospital, end of life care or support to become more independent.

The extra care scheme will also act as a community hub for older people in the Doddington area, with a bistro/restaurant, lounges, meeting rooms, gym, beauty salon and internet access.

As part of NHS Cambridgeshire's commitment to the provision of increased medical services, the Minor Injuries Unit at the hospital will also extend its opening times and there will be increased radiology provision.

The Minor Injuries Unit is open from 8.30am until 6pm, Monday to Friday and



9am until 5pm on Saturdays and Sundays.

In addition, the Minor Injuries Unit will also have access to X ray facilities, where appropriate from 1pm until 5pm on Saturdays and Sundays.

ABOVE Turf cutting ceremony for Doddington Community Hospital (from left to right) Steve Wood Sanctuary Group Director - Care, Tim Mills Corporate Director at Fenland District Council, Maureen Donnelly, Chair of NHS Cambridgeshire, Cllr Fred Yeulett Cambridgeshire County Council and Cllr Kit Owen Fenland District Council.

LIVING WITH A LONG TERM CONDITION

Long Term Conditions are chronic illnesses that can limit the lifestyle of patients living with them.

NHS Cambridgeshire is developing a number of things to help people with long term conditions:

- Ensuring early diagnosis
- Improving the quality of services and care for patients
- Make services more convenient and closer to patients' homes
- Commission (buy) services and education to enable patients to understand and manage their conditions
- Help people in Cambridgeshire to live healthier and longer lives
- Ensuring people living with a long term condition are offered a Personal Health Plan

What is a Personal Health Plan?

A Personal Health Plan is a tool which has been developed specifically for people with Long Term Conditions to help them to adapt to life and to take control of their care. The Personal Health Plan is owned by the individual and it is up to each person what information they would like to include in their Personal Health Plan.

Some people may decide not to use a Personal Health Plan but may reconsider this at a later date. The Personal Health Plan can be completed in stages or all in one go. People can decide to complete some sections and leave others blank for the time being. The content of the Personal Health Plan is likely to change over time. When used properly, the Personal Health Plan will enable you to go to the right place for the information and services that you want.

Some people will be happy to complete the Personal Health Plan on their own whilst others will require some assistance. If you need help filling in your Personal Health Plan you may want to ask a family member, carer or friend to help you.



Examples of long term conditions include:

- | | |
|--|--|
| ■ Diabetes | ■ Stroke / Transient Ischaemic Attacks |
| ■ Heart Disease | ■ Hypertension |
| ■ Asthma | ■ Chronic Kidney Disease |
| ■ Chronic Obstructive Pulmonary Disease (COPD) | ■ Mental Health |

You may also want some guidance or support from a Key Worker. A Key Worker is someone who can help navigate you through the healthcare system and be your primary contact. A number of people can fill the role of a Key Worker including health professionals such as Community Matrons, Case Managers, Practice Nurses, Physiotherapists, Occupational Therapists or General Practitioners. Alternatively a Key Worker can be a carer or voluntary sector representative. It may be that different people act as Key Workers at different stages of the process.

For further information

If you would like to know more about Personal Health Plans and how they can help you, visit NHS Cambridgeshire's website: www.cambridgeshire.nhs.uk/Your-health/Long-Term-Conditions.htm

or contact:

Roisin Wright
Lead for Self Care and Education
for Long Term Conditions, NHS
Cambridgeshire, Lockton House,
Clarendon Road, Cambridge CB2 8FH
Tel: 01223 725479

Email:

roisin.wright@cambridgeshire.nhs.uk

WINTER HEALTH UPDATE

LOOK AFTER YOURSELF THIS WINTER

With the seasons advancing, it is worth remembering how you can 'Keep Warm, Keep Well' in the cold weather conditions this winter.

One of the best ways to keep yourself well during the winter months is to make sure you are in a warm environment.

Cold homes can have an impact on people's health. Serious health problems such as; heart attacks, strokes, pneumonia and depression are all linked to being exposed to cold conditions.

Some useful tips include:

■ **Keep your home warm.** Keep the main rooms you use during the day at a minimum of 21C (70F) and your bedroom at a minimum of 18C (65F) at night when you're asleep. You can also use a hot-water bottle or electric blanket (but not both at the same time) to keep warm while you're in bed.

■ Wrap up warm, inside and out.

Several thin layers of clothes are better than one thick layer. Don't forget to wear hats, gloves and scarves. If possible, stay inside during a cold period if you have heart or respiratory problems.

■ **Keep active.** Move around at least once an hour and don't sit down for long periods of time. Even light exercise will help keep you warm.

■ **Look out for elderly friends and neighbours.** Check they're safe and well through the winter. Make sure they're warm enough, especially at night, and have stocks of food and medicines so they don't need

to go out during very cold weather.

Additional Help

You may also be eligible for financial help with heating your home. To find out whether you qualify and for further information on how to maintain the best possible health during the winter months, please visit www.direct.gov.uk/keepwarmkeepwell

Protect yourself from Seasonal Flu

Seasonal flu is also more likely to occur in the winter months so make sure you are taking the right steps to protect yourself.

■ The seasonal flu vaccination is available to help protect people who are more at risk

■ For those people more at risk, seasonal flu can increase the risk of serious illness, such as pneumonia, or can make existing conditions worse

■ You should have the seasonal flu vaccination if you are aged 65 years or over, live in a residential or nursing home, or are the main carer for an older or disabled person

■ Even if you feel healthy, you may still be at an increased risk of seasonal flu. The free seasonal flu vaccination is recommended if you have:

- A heart problem
- A chest complaint or breathing difficulties, including bronchitis and emphysema
- A kidney disease
- Lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
- A liver disease
- Had a stroke or a transient ischaemic attack (TIA)
- Diabetes
- A neurological condition e.g. multiple sclerosis (MS) or cerebral palsy
- A problem with, or removal of, your spleen e.g. sickle cell disease.

■ This year's seasonal flu vaccine will protect against H1N1 virus strain (swine flu). This is because it is predicted to be one of the most likely flu strains to be in circulation this winter.

■ If you are pregnant you will also be offered the flu vaccination this year. This is because the H1N1 virus will still be circulating this winter and pregnant women who catch this strain are at an increased risk of severe disease and flu-related hospital admissions.

■ You should have the seasonal flu vaccination every year if you are at an increased risk of seasonal flu

■ Paid and unpaid carers should also consider having the seasonal flu vaccination to reduce their chances of getting flu. They can then continue to help those they look after.

■ You can protect yourself by practising good hand hygiene with the 'catch it, bin it, kill it' technique. This means carrying tissues, covering coughs and sneezes with a tissue, disposing of the tissue after one use, and cleaning hands as soon as possible with soap and water or an alcohol hand gel.

Contact your GP on how you can receive your flu vaccination if you fall into one of the high risk groups.



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Fenland footpaths to get facelift

Fenland footpaths are undergoing major improvements thanks to £175,000 of European funding.

The money, available under the Fens Adventurers Rural Development Programme, is being used to improve and enhance the footpath and rights of way network in the area.

The work will include better signs and waymarking, gates, bridges and surfacing of local footpaths, bridleways and byways as well as promoting the improved routes with leaflets, websites, events and interpretation boards.

The project, known as the Green Fens Way, started in August and is planned to run until March 2013. Historically, countryside access in the fens is poorly developed compared to other areas of the country and the project aims to improve this.

Working with a range of partners, the Council hopes to develop hubs and routes which will help visitors and residents better appreciate this land of large skies.

Leader of Cambridgeshire County Council and Fenland Councillor Jill Tuck, who lives in the Fens, said:



"The County Council's Countryside Access Team is the first to win funding from this programme and I am very pleased that the money from this pot will be used to help support physical improvements in Fenland which will encourage more people

Leader of Cambridgeshire County Council Jill Tuck, Mike Carter of Cambridgeshire ACRE and Countryside Services Team Leader Kate Day

to get out and about and enable those who already do to enjoy the wonderful Fens landscape even more."

Novel turn-out

Thank you to around 4,500 people who completed our questionnaires or attended public meetings to help shape plans to transform library services in Cambridgeshire.

These changes are needed in the context of huge budget savings to be made over the next few years.

An analysis of the results of the public consultation is now available on our website at www.cambridgeshire.gov.uk/library

This will help us put together a plan of how to protect and transform services while making the necessary savings, in a set of full and final proposals which will be presented to the Council's Cabinet in January.

Surf the countryside this Christmas

This Christmas and New Year is a perfect time to walk off that Yule-time food and enjoy Cambridgeshire's countryside.

A new 'Walk of the Month' feature has been launched on the Council's website to encourage more people to get out and enjoy the Cambridgeshire countryside.

Countryside services will be at various libraries with walking, riding and cycling maps and leaflets to help people stick to their resolutions.

You can log on to the new Walk of the Month feature at www.cambridgeshire.gov.uk and follow the links to environment and countryside and rights of way pages.

Access Development Manager

Alysoun Hodges, said: "This new feature gives everyone the chance to explore new areas of the county or to put a new perspective on walking and riding in their own area. We are urging people to check our new Walk of the Month feature regularly for fresh ideas, links and downloads to add to their enjoyment of the Cambridgeshire countryside."

New routes will be available at the beginning of every month and each month will follow a different theme. Upcoming themes include easy access walks, literary walks and even the science of walking.

Finding ideas for a walk or ride in the countryside has never been easier.

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Cambridgeshire Community Services NHS Trust provides a wide range of health care services for all ages as well as social care for older people in your local community. In the last ten months, over 8000 people responded to our invitation to feedback on their experience of using our services. We were overwhelmed by the positive responses including 99% of service users saying they would recommend us to a friend or relative – what better accolade?

Here are just a few examples of how feedback from local people has been used to inform service developments:

- Improved single sex accommodation on Trafford Ward at North Cambs Hospital, Wisbech; Welney Ward, Princess of Wales Hospital, Ely and Brookfields Hospital in Cambridge.
- A new cleaning contract commenced this year incorporating higher standards for cleanliness.
- Where clinically appropriate, parents have the option to receive follow up appointments via phone or email from our consultant community paediatric service.
- Waiting times in children's occupational therapy are being addressed through a range of innovations – countywide equity in waiting times is imminent.
- The children's speech and language therapy service piloted changes to improve waiting times in the south Cambridge city area and, following this successful pilot, rolled out these changes county-wide.
- An electronic booking system - Choose and Book - has been introduced in our musculo-skeletal services to promote choice and accessibility for patients.
- Podiatry services have introduced a pilot 'self referral' option in four GP practice areas.
- Oral Surgical services were expanded to cover the Wisbech area.
- Community inpatient wards are offering patient/family meetings as part of the discharge planning process to improve inclusivity in the decision making process.

To find out more about our services or how you can get involved in shaping the future of our services, visit our website at www.cambscommunityservices.nhs.uk

Transforming our health visiting service

An exciting new initiative to transform our health visiting services is underway. Working closely with NHS Cambridgeshire, we are re-designing our service to ensure we achieve the very best outcomes for families and children.

John Peberdy, CCS NHS Trust's Children's lead explains: "The emphasis of this transformation programme will be on improving the quality of services and ensuring county-wide equity and consistency of service. The service redesign will enable us to deliver agreed elements of the Healthy Child Programme, the national early intervention and prevention public health programme, including support for children and families who are at risk of poor outcomes."

CCS NHS Trust has undertaken a number of surveys recently to seek parents' views about our health visiting service. Of the 546 respondents, 98% would recommend the service to a friend or relative and over 90% responded positively (rather than neutrally or negatively) to the following questions:

- Overall how would you rate the service you received
- I had a lot of confidence in the person I saw today
- The person I saw today treated me with respect and dignity
- I was involved as much as I wanted to be in the decisions about care/treatment



Whilst these results are positive, we recognise there is more we can do to improve the quality of service and ensure equity across the county. The re-designed service will be introduced from 1 April 2011. In the meantime, we'll be working with service users and partners, such as GPs, to involve them in the re-design of the service to ensure it meets the needs of our local population.

To find out more about this Transformation Project, contact Emma Morley, Project Manager – Children's Services (01480 418689 or email emma.morley@ccs.nhs.uk

New physio direct service for Cambridge City & South Cambridgeshire residents

We have launched a new Physio Direct service to improve access to specialist advice for people in Cambridge City and South Cambridgeshire with musculoskeletal problems. This telephone-based advice service is staffed by senior Physiotherapists able to provide verbal and written advice or arrange an appointment to see a Physiotherapist face to face where necessary. The service is also linked to the Consultant Physiotherapist and Clinical specialists who can order investigations or refer patients on to a hospital consultant if required. Referrals to the new service can be made direct by local residents or via GPs.

Sarah Saul, Musculo-skeletal

Physiotherapy Business Manager at the Trust said: "A telephone self referral service enables people to be assessed and given advice to help them to get better more quickly than in the past. The new service is an extension of our successful service already operating in Huntingdonshire since 2001, which has shown that up to 60% of callers can improve their condition with telephone advice only".

The Cambridge City/South Cambridgeshire and Huntingdonshire services can be contacted on Tel: 01480 434980 Monday to Friday 8.15 am to 12.15 pm (Huntingdonshire patients) and 1pm to 5pm (Cambridge City and South Cambridgeshire patients).

A new service to help you become more independent

Cambridgeshire Community Services NHS Trust (CCS NHS Trust), together with Cambridgeshire County Council and NHS Cambridgeshire are introducing a new Re-ablement service. Available across the county by December 2010, this service aims to help local people with poor physical or mental health accommodate their illness or condition by learning or re-learning the skills necessary for daily living.

Re-ablement will:

- help maintain or regain your independence
- improve your health and well-being
- have a positive impact on your quality of life

Marion Clarke, County Manager – Unplanned Care, CCS NHS Trust explains: "Re-ablement is designed to help you become as independent as possible. Perhaps you need support with your

personal care or to prepare a meal – the re-ablement service will work with you so that you learn (or re-learn) important tasks on your own. In traditional social care, someone would visit and do these tasks for you. With re-ablement, our team will work with you so that you learn, or re-learn, important tasks you need for everyday life. Many people who participate in a re-ablement programme find that afterwards they can cope very well on their own, without the need for social care support".

You can be referred for re-ablement by your health care professional or social care practitioner, or alternatively contact Cambridgeshire Direct on 0345 045 5202 to find out more. Your re-ablement programme will normally last up to six weeks and will be free of charge to you as long as you are participating in the programme and making progress.



Helping hands to assist relearning skills

MINOR INJURIES UNITS (MIU)

Cambridgeshire Community Services NHS Trust runs three Nurse Practitioner-led MIUs in the East Cambs & Fenland area. There's no need for an appointment – just walk in!

We aim to ensure that the vast majority of people are seen within two hours, so visiting your MIU will not only save you a potentially long wait at your A&E Department, it will also enable A&E staff to focus on what they do best, which is treating people with serious, life-threatening injuries.

All our nurse practitioners are trained to care for a variety of conditions and have significant experience in emergency nursing or primary care nursing. They don't know what, or how many patients, will come through the door next - it could be anything from a sore throat to broken bones, or something even more traumatic or serious.

David Gwilliam is Clinical Lead for all of our MIUs and says: "My role is to ensure that the service we provide is high quality, efficient and effective. Most patients who come through the doors leave happy with the level of care they've received, and that gives me the greatest satisfaction."



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Cambs, CB6 1DN
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Opening Times

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Bank Holidays, excluding
Christmas Day and New
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North Cambs Hospital

Address: The Park, Wisbech,
Cambs, PE13 3AB
Tel: 01945 488068

Opening Times

Mon-Fri: 8.30-6.00pm
Sat-Sun: Closed



Multi-million pound road to hospital open

Thousands of people are benefiting from a new £25 million road giving easy access from the M11 to Addenbrooke's Hospital and new developments.

The newly opened Addenbrooke's Road is part of the County Council's commitment to deliver transport links to support new communities.

It provides a vital link to the Cambridge Biomedical Campus (CBC) which is home to Addenbrooke's and the Rosie hospitals as well as research and teaching partners, including the Medical Research Council, Cancer Research UK and the University of Cambridge.

The road will unlock land for major housing developments in the area around Clay Farm and Glebe Farm and the expansion of CBC.

Some 21,500 vehicles a day are predicted to be carried between Hauxton Road and Shelford Road by 2023. Some 10,200 vehicles are forecast to use it between Clay Farm and Addenbrooke's.

The new route links Hauxton Road to Shelford Road, and onto the CBC. It includes both on and off road cycle lanes as well as facilities for pedestrians.

The cost of the road has been paid for by developers working in the area and out of Central Government's 'Growth Area Fund'.

To improve safety and limit rat-running through the site, a traffic order restriction is in place to stop drivers using the roads within the hospital campus as a short-cut to get from one side of Cambridge to the other.

SPECIAL OFFER

Cycle and Skate



Visit the Cycle Cambridge team and Ben Hayward cycles at Cambridge on Ice.

Buy a set of bike lights reduced to £4.99 and get them fitted for free as well as receiving a discount voucher to ice skate for just £6.50 (Monday to Friday only).

There will also be free maps, cycling information and reflective bike goodies to help you 'be safe and be seen' this winter.

The events are from 4pm to 7pm on:

→ Wednesday 24 November

→ Wednesday 8 and 15 December

Cycle route projects

The Cycle Cambridge team is working on improving the cycle network.

Routes finished since October

→ **Bar Hill to Dry Drayton** The existing shared use foot and cycleway between Bar Hill and Dry Drayton has been resurfaced and repaired to provide a better link between the two villages.

→ **Fen Ditton to Horningsea** The new shared use path linking the two villages is now complete. Crossings along the route will be upgraded if funding is made available.

→ **Hills Road** A new route has been built from the city centre to Hills Road Bridge. The existing narrow mandatory lane has been replaced with a wider, resurfaced advisory lane.

→ **Whittlesford to Sawston** This improved route is a two metre wide off road, shared use path. The crossing over the A1301 will also be widened.

→ **New Bit Common** This popular part of National Cycle Network Route 11 in Newnham (Vicar's Brook and Coe Fen) has been widened and resurfaced. The improvements will help reduce conflict between pedestrians and cyclists.

→ **Sawston to Babraham** This new link between the two villages is 2.5 metres wide and set back from the road.

→ **Lode to Bottisham** The new off-road route linking the two villages includes a two metre wide shared use path and a new crossing on the B1102.

Under construction

→ **A14 to Histon** Work on a new continuous route from the A14 to the War Memorial is now complete. The existing shared use path from The Green to the edge of the village will be extended and widened.

→ **Madingley Road** Construction has started on the section between Northampton Street and Madingley Rise. The finished route will be a combination of high quality on and off road lanes.

*All dates are subject to change

The Cycle Cambridge programme is being managed and delivered by Cambridgeshire County Council in partnership with Cambridge City Council and South Cambridgeshire District Council.

Cambridgeshire says enough is enough to BAM Nuttall busway delays

An independent public review into the Busway project will be carried out following a catalogue of delays and broken promises by contractors BAM Nuttall.

The independent review will give the Council and residents a full investigation into the problems that have been faced with the standard civil engineering contract without the multi million pound bill of a legally based Public Inquiry.

BAM Nuttall now expects to complete construction of the route in December,

but the Council believe they will not finish construction before the New Year. The contractor will then have four weeks to fix all notified defects on the route, including the six that have been holding up the opening of the St Ives to Cambridge section.

If the work is not done by the contractor the Council can then correct the defects and will charge the cost to BAM Nuttall. The defects, which will take a number of weeks to complete, must be corrected before the route can open.

The Council has deducted almost £14,000 a day from Bam Nuttall for late delivery of the project since February 2009 - a total in excess of £8 million so far.

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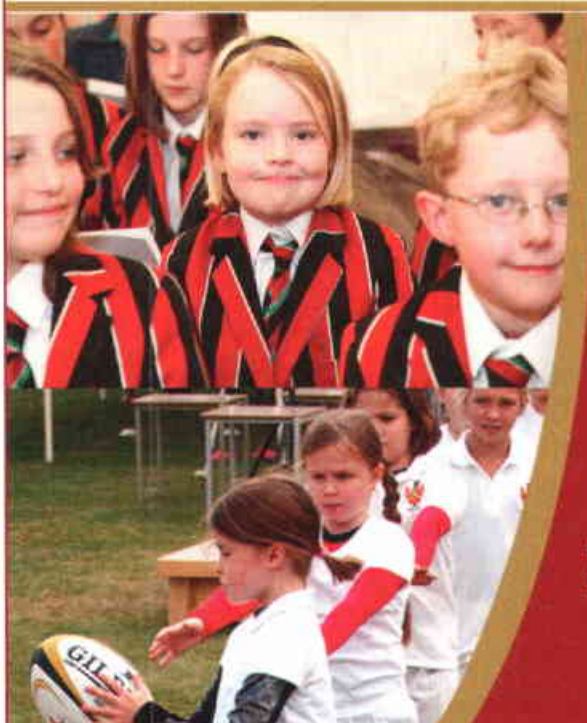
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What's on

Your cut out and keep guide to What's On in Cambridgeshire

For other events happening near you or in Cambridgeshire please go to www.cambridgeshire.net. The

web site is supported by the County Council and gives listings of a range of events.

Some of the details may change nearer the time so watch out for updates online and in the local press

January

4 January **East Cambridgeshire (South) Neighbourhood Panel, 7pm, Burwell Village College.**

4 January **Sawston Neighbourhood Panel 7.30pm.** Venue to be confirmed.

5 January **St Ives Neighbourhood Panel, 7pm, Village Hall, Needingworth.**

5 January **East Cambridgeshire (Soham and East) Neighbourhood Panel, 7pm, Soham Village College.**

11 January **Histon Neighbourhood Panel, 7.30pm, Cottenham Village College.**

12 January **Huntingdon Neighbourhood Forum, Church of England Primary School, Alconbury.**

14 January - 4 February **Countryside services will be out at Ely Library** with walking, riding and cycling maps and leaflets to help people stick to their resolutions.

16 January 9.30am - 1.30pm
Conservation work party, anyone is welcome to come along and join a group of volunteers carrying out practical management work at Somersham Local Nature Reserve. Contact 01223 715557 or Charlotte.Lowry@cambridgeshire.gov.uk



18 January **Ramsey Neighbourhood Forum, 7pm, Millenium Sports Pavillion, Somersham.**

18 January **Bassingbourn and Melbourn Neighbourhood Panel, 7.30pm.** Venue to be confirmed.

19 January **Gamlingay Neighbourhood Panel, 7.30pm, Haslingfield Village Hall.**

19 January **North West Huntingdonshire Forum, 7pm, Infants School, Sawtry.**

24 January **East Cambridgeshire (West) Neighbourhood Panel, 7pm, Little Thetford Village Hall.**

25 January **East Cambridgeshire (Littleport) Neighbourhood Panel, 7pm, Littleport Community Primary School, Parson's Lane, Littleport.**

25 January **St Neots Neighbourhood Forum, Community Centre, Eaton.**

27 January **East Cambridgeshire Neighbourhood Panel (Ely) 7pm, East Cambs District Council Offices, Nutholt Lane, Ely.**

27 January **Cambridge City (North) Area Committee (6.30pm for planning - 7.30pm, start), Manor Community College, Arbury Road.**

February

7 February - 25 February **Countryside services will be out at March Library** with walking, riding and cycling maps and leaflets to help people stick to their resolutions.

20 February 9.30am - 1.30pm
Conservation work party, anyone is welcome to come along and join a group of volunteers carrying out practical management work at Somersham Local Nature Reserve. Contact 01223 715557 or Charlotte.Lowry@cambridgeshire.gov.uk

22 February **Swavesey Neighbourhood Panel, 7.30pm, Willingham Primary School.**

23 February **Comberton Neighbourhood Panel 7.30pm, Cambourne Church.**

28 February - 7 March **Countryside services will be out at Huntingdon Library** with walking, riding and cycling maps and leaflets to help people stick to their resolutions.

March

21 March **East Cambridgeshire (West) Neighbourhood Panel, 7pm, Witcham Village Hall.**

22 March **East Cambridgeshire (Littleport) Neighbourhood Panel, 7pm, Littleport Community Primary School, Parson's Lane, Littleport.**

22 March **Linton Neighbourhood Panel 7.30pm, Linton Heights School, Linton.**

23 March **East Cambridgeshire Neighbourhood Panel (Ely) 7pm, East Cambs District Council Offices, Nutholt Lane, Ely.**

29 March **East Cambridgeshire (Soham and East) Neighbourhood Panel, 7pm, Soham Village College.**

30 March **East Cambridgeshire (South) Neighbourhood Panel, 7pm, Village Hall, Kirtling.**

April

4 April **North west Huntingdonshire Neighbourhood Panel,** Venue and time to be confirmed

6 April **St Ives Neighbourhood Panel, 7pm, Corn Exchange St Ives.**

In your neighbourhood

Neighbourhood Panels, Neighbourhood Forums and Community Fairs are community meetings or events attended by the Police, County Council, District Council and Parish Councils.

They are one-stop-shops where local people can raise concerns, report issues or share a great idea about how to improve their community. Residents in Wisbech can also report problems on www.shapeyourplace.org

See our What's On guide above for where your nearest one is being held.



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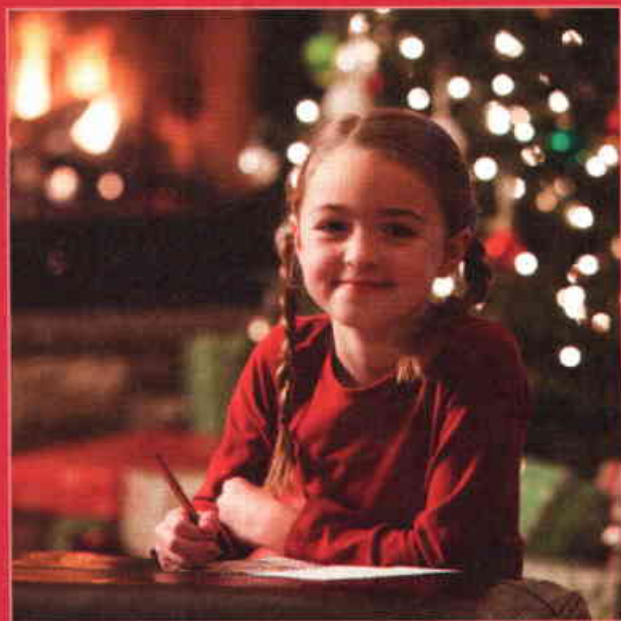
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